

# Middle-Brook Regional Health Commission

[www.middlebrookhealth.org](http://www.middlebrookhealth.org)

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## April Newsletter

### National Public Health Week



National Public Health Week is here! Each year, the American Public Health Association dedicates the first week in April to celebrate Public Health. This year's theme is "Protecting, Connecting, and Thriving: We Are All Public Health". The Middle-Brook Regional Health Commission dedicates their work to create safe, interconnected, health communities for everyone. Follow us on social media to learn more about the services we provide to help protect and promote health of all people in the towns we serve:



In case you missed it!

The Invisible Shield Series on PBS

*The Invisible Shield is a four-part documentary series from RadicalMedia, that reveals how public health has saved countless lives in the U.S., increasing lifespans and protecting people from the threat of disease.*



Now streaming on PBS. For more information, visit: [theinvisibleshieldseries.com](http://theinvisibleshieldseries.com)



## Rabies Vaccine Clinic

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The Middle-Brook Regional Health Commission is offering a **FREE** rabies vaccine clinic this spring for our cat and dog owners.

Here are the details:

- **May 4, 2024**  
9:00 am to 10:00 am  
Washington Valley Firehouse  
146 Washington Valley Rd  
Warren, NJ 07059



No registration is needed. Pets must be at least 6 months of age. All cats must be held in a carrier and all dogs must be leashed. Please call the Health Commission at 732-968-5151 with any questions.

To learn more about rabies, visit: <https://www.cdc.gov/rabies/animals/index.html>

## Recipe of the Month

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### BROCCOLI SALAD

#### *Ingredients*

- 6 cups broccoli (chopped)
- 1 cup raisins
- 1 red onion (medium, peeled and diced)
- 2 tablespoons sugar
- bacon slices (8 slices, cooked and crumbled, optional)
- 2 tablespoons lemon juice
- 3/4 cup mayonnaise, low-fat



*Makes 4 servings*

*Spring into April by trying this colorful, tasty dish.*

#### *Directions*

1. Wash hands with soap and water.
2. Combine all ingredients in a medium bowl, and mix well.
3. Chill for 1 to 2 hours.
4. Serve and enjoy!

For more recipes, visit: [www.myplate.gov](http://www.myplate.gov)



**Public Health**  
Prevent. Promote. Protect.  
Middle-Brook Regional  
Health Commission

## Rethink Your Drink



The National Institute on Alcohol Abuse and Alcoholism (NIAA) raises awareness on alcohol use and misuse each April. According to the CDC, 17% of adults binge drink nationwide. Binge drinking is defined as consuming 5 or more drinks for men or 4 or more drinks for women on an occasion. Heavy drinking is defined as 15 or more drinks for men or 8 or more drinks for women per week, and any alcohol use by people who are pregnant or people under the age of 21.

Drinking too much is associated with:

- Violence
- Sexual Risk Behaviors
- Alcohol Poisoning
- Injuries
- Cancer
- Liver Disease
- High Blood Pressure
- Alcohol Use Disorder

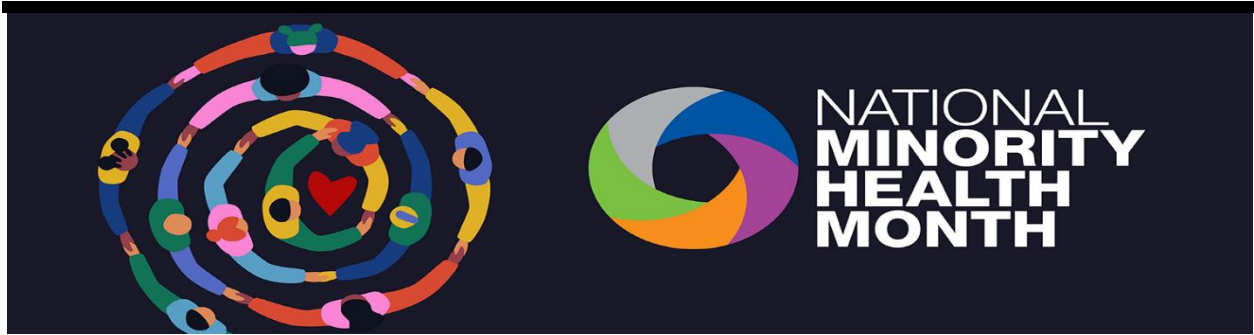
It's safest to avoid alcohol altogether if you are:

- Taking medications that interact with alcohol
- Managing a medical condition that can be made worse by drinking
- Under the age of 21
- Recovering from Alcohol Use Disorder or unable to control the amount you drink
- Pregnant or might be pregnant

Check your drinking patterns: [www.cdc.gov/alcohol/checkyourdrinking](http://www.cdc.gov/alcohol/checkyourdrinking)

If you or someone you know might be drinking too much, ask for help. Call 1-800-662-4357 for information about treatment. For more information on alcohol use, visit: [www.rethinkingdrinking.niaaa.nih.gov/](http://www.rethinkingdrinking.niaaa.nih.gov/).

## National Minority Health Month



April is National Minority Health Month! This annual observance builds awareness about the health disparities that persist among racial and ethnic minority and American Indian/Alaska Native (AI/AN) populations and encourages us to take action to end these inequities.

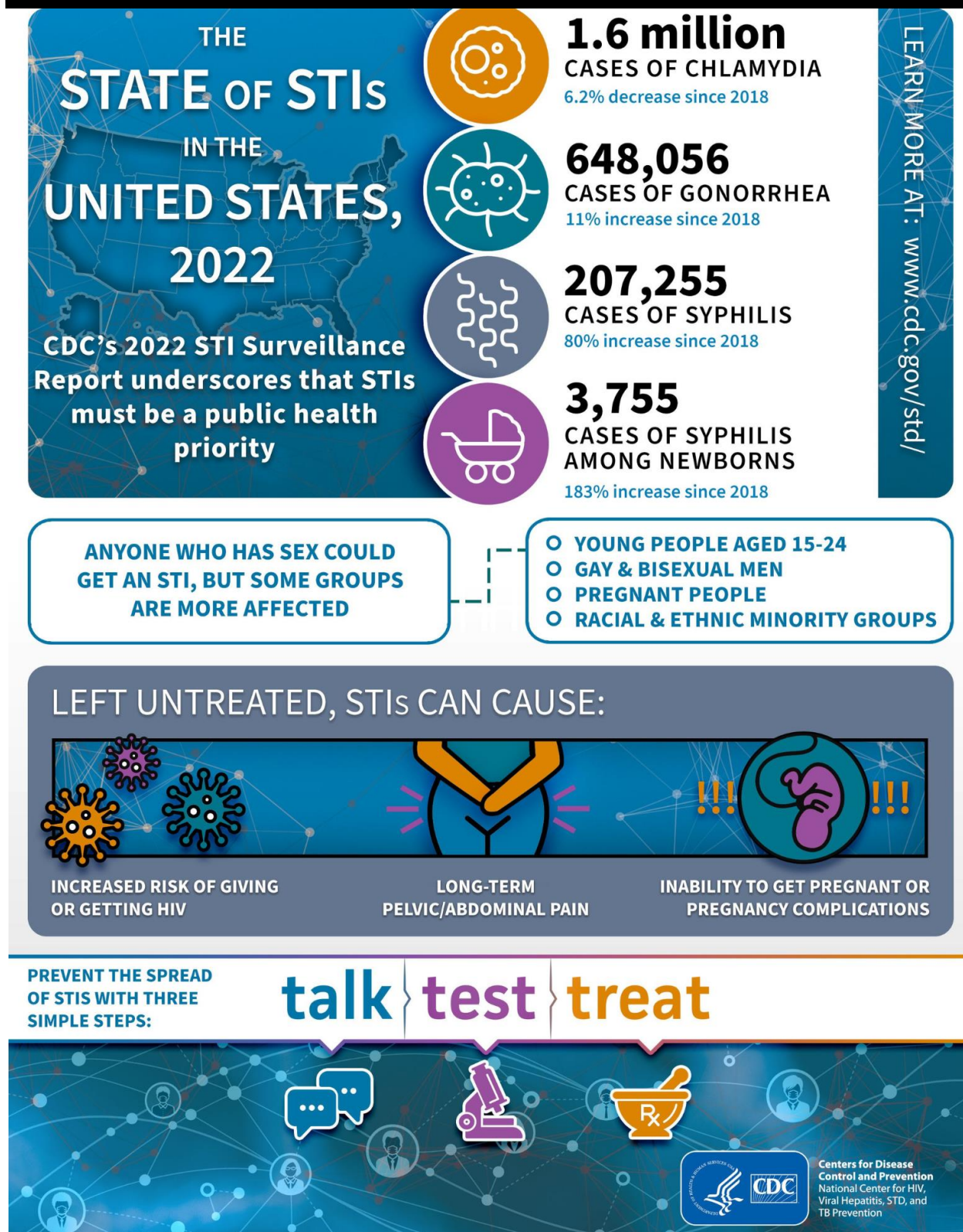
Each year, the U.S. Department of Health and Human Services (HHS) [Office of Minority Health \(OMH\)](#) designates a theme for National Minority Health Month. The theme for 2024, **Be the Source for Better Health: Improving Health Outcomes Through Our Cultures, Communities, and Connections**, is about understanding how the unique environments, cultures, histories, and circumstances (known as social determinants of health, or SDOH) of racial and ethnic minority and AI/AN populations impact their overall health.

Non-medical factors like [poverty, limited access to health care, lack of education, and racism](#) are all examples of SDOH that contribute to health disparities and inequities. SDOH impact nearly everyone in one way or another, and simply promoting healthy choices won't eliminate health disparities. Considering the conditions in the environments where people are born, live, learn, work, play, worship, and age is fundamental to improving health and reducing longstanding disparities affecting racial and ethnic minority and AI/AN populations.

For more information on how to Be the Source for Better Health, visit:  
[www.hhs.gov/national-minority-health-month/index.html](http://www.hhs.gov/national-minority-health-month/index.html)



## Sexually Transmitted Infections Awareness



For more information, visit: <https://www.nj.gov/health/hivstdtb/stds/index.shtml>